

Many resources exist for parents in search of an adapted sports program for their child. To find a local program, contact the YMCA, park district, adapted P.E. teachers in the school district, the National Recreation and Park Association (NRPA), or any of the disability sports organizations listed at Disability Online ([www.disabilityonline.com](http://www.disabilityonline.com)).

Here are a few more great ideas!



### Healthy Homes

Leading a healthy lifestyle begins very early in life. Parents have plenty of influence on how much their kids value eating a healthy diet and the benefits of exercise in their daily lives.

With the incidence of childhood obesity and diabetes on the rise, it's now more important than ever for parents to help facilitate activity in their children's lives. It is even more important to do so for children with disabilities, as they tend to engage in lower levels of physical activity.

Incorporating exercise into your family's busy lifestyle is not only easy, but can be fun – not to mention healthy – for the whole family. Why not turn the TV off and head to the local swimming pool, or hiking trail? Many sports and recreational activities have been adapted to meet the needs of children with disabilities and their families. Visit [www.ncpad.org/fun](http://www.ncpad.org/fun) for helpful ideas and links.

# Child's Play

## Adaptive Adventures

Looking for a new family adventure this summer. The Adaptive Information Resource Center offers an abundant network of resources for children and adults with disabilities and their families. The network provides information and links on just about everything you'll need to plan a fun and enjoyable summer, from programs for children and adults to information on sports equipment, publications and events. Go to [www.adaptiveirc.org](http://www.adaptiveirc.org) to get the latest on adaptive sports and recreation information across the country.



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